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GETTY IMAGES

NYC & COMPANY

Make the most of 'Derby de Mayo' this Saturday at these hot spots. 24

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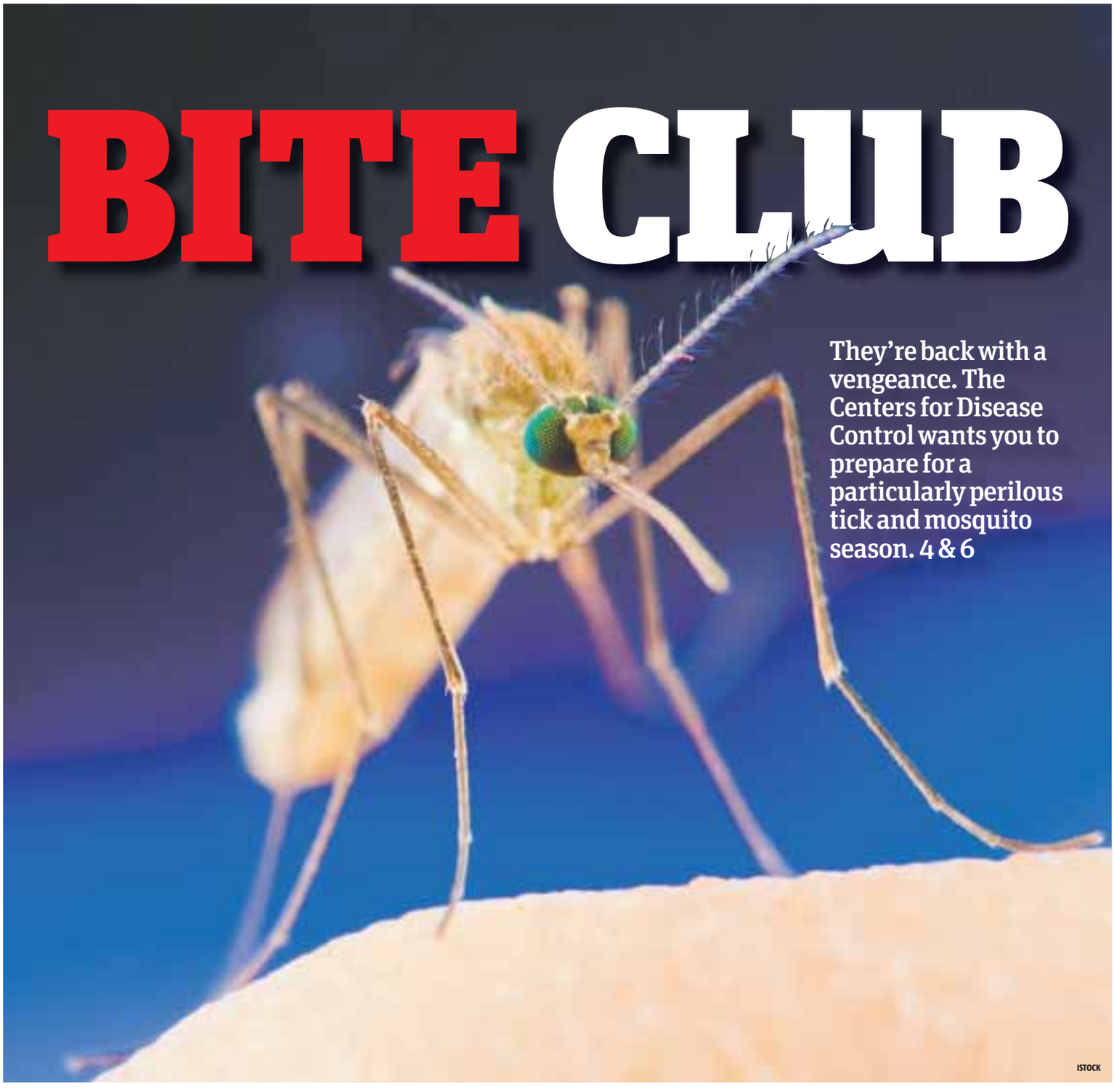
Matt Harvey's time with Mets running out. 28

BITE CLUB



They're back with a vengeance. The Centers for Disease Control wants you to prepare for a particularly perilous tick and mosquito season. 4 & 6

ISTOCK

5 THINGS YOU NEED TO KNOW

WELCOME TO METRO.US

JOSHUA CROUTHAMEL, FEATURES EDITOR

As someone who's had malaria — twice — I can tell you that mosquito-borne illnesses are no joke. Anti-malarial medication threw my body for a loop, so I took my chances. But after the muscle pain, nausea, extreme hot-then-cold flashes and headaches, all experienced in field hospitals in sub-Saharan Africa and Southeast Asia, I won't be doing that again. No need to live like a shut-in, though — I avoid bites by wearing the right clothes these days. Sure, it may be warm for long pants, but not as toasty as a 105-degree temperature!

TRUMP REPLACES WHITE HOUSE LAWYER ON RUSSIA

1 Lawyer Emmet Flood, who advised President Bill Clinton in impeachment proceedings, will assist President Donald Trump with special counsel Robert Mueller's investigation into Russia's role in the 2016 election, replacing Ty Cobb, White House spokeswoman Sarah Sanders said on Wednesday. The latest lawyer shuffle comes as the question of whether Trump will agree to an interview with Mueller appears to be coming to a head. Washington lawyer John Dowd, who left Trump's outside legal team over a month ago, said on Tuesday that in March, Mueller had threatened to subpoena Trump's testimony if he did not talk to investigators. Flood will "represent the president and the administration against the Russia witch hunt," Sanders said. "Ty Cobb, a friend of the president, who has done a terrific job, will be retiring at the end of the month." Neither Cobb nor Flood immediately responded to requests for comment. Mueller is investigating Russia's meddling in the 2016 U.S. election, an investigation that includes whether the Trump campaign colluded with Moscow and possible obstruction of justice by Trump, among other things.

SESSIONS SENDS JUDGES TO BORDER FOR 'CARAVAN'

2 A further 49 Central Americans crossed into the United States to seek asylum on Wednesday, part of a high-profile migrant caravan that prompted Attorney General Jeff Sessions to beef up legal resources on the Mexican border. The 49 migrants, including women, children and transgender people who had been waiting at the U.S. gate for about 15 hours, were let through by midday, according to the group's organizers, raising the total number who have crossed to 74. Since Monday, border officials have allowed through only a trickle at a time, saying that the busy San Ysidro crossing to San Diego is saturated and the rest must wait their turn. In response, the Justice Department was sending 35 additional assistant U.S. attorneys and 18 immigration judges to the border, Sessions said, linking the decision to the caravan. "We are sending a message worldwide: Don't come illegally. Make your claim to enter America in the lawful way and wait your turn," he said, adding that he would not let the country be "overwhelmed." Apprehensions of people crossing to the United States illegally from Mexico were at the highest level in March since December 2016, before Trump took office.

FIVE REPORTED DEAD IN MILITARY PLANE CRASH NEAR SAVANNAH, GEORGIA

3 A Puerto Rico Air National Guard cargo plane crashed during a training mission in Savannah, Georgia, on Wednesday, killing at least five people and scattering debris across railroad tracks and a highway, officials and local media said.

The Hercules C-130J aircraft went down about 11:30 a.m., shortly after takeoff from the Savannah/Hilton Head International Airport, about 175 miles southeast of Atlanta, officials said.

The four-engine plane sent up a cloud of black smoke, with a tail wing coming to rest on a median, television images showed. A witness, Michael Garrett, told WSAV-TV the plane was upside down before it crashed.

"That plane really flipped over on its back, slowly, like it was in slow motion," Garrett said.

A Georgia Air National Guard official said five people died and four were missing, Atlanta's WSB-TV reported.

The U.S. Air Force confirmed to Reuters that there were fatalities but declined to provide a number. A spokesman for the Georgia Air National Guard, Captain Jeffrey Bezore, said in a statement that five people were on the plane when it crashed.

The crash was at least the fifth deadly accident involving a U.S. military aircraft since early April and the first of a U.S. military C-130 since July, when 16 service members were killed in a Mississippi crash.

Senior Master Sergeant Roger Parsons, an Air Force spokesman, said at a news conference that the cause of the crash on Wednesday was under investigation.

SAVANNAH PROFESSIONAL FIREFIGHTERS ASSOCIATION / @IAFF574, TWITTER

CAMBRIDGE ANALYTICA FOLDS AFTER DATA SCANDAL

4 Cambridge Analytica, the firm embroiled in a controversy over its handling of Facebook Inc user data, and its British parent SCL Elections Ltd., are shutting down immediately after suffering a sharp drop in business, the company said on Wednesday. The company will begin bankruptcy proceedings, it said, after losing clients and facing mounting legal fees resulting from the scandal over reports the company harvested personal data about millions of Facebook users beginning in 2014. "The siege of media coverage has driven away virtually all of the company's customers and suppliers," the statement said. "As a result, it has been determined that it is no longer viable to continue operating the business, which left Cambridge Analytica with no realistic alternative to placing the company into administration." Allegations of the improper use of data for 87 million Facebook users by Cambridge Analytica, which was hired by President Donald Trump's 2016 U.S. election campaign, has hurt the shares of the world's biggest social network and prompted multiple official investigations in the United States and Europe.

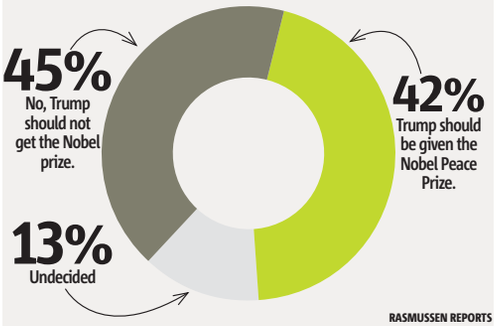
REPORTS: DETAINEES IN N. KOREA MOVED TO HOTEL

5 The U.S. government is looking into reports that three Americans detained in North Korea have been relocated from a labor camp to a hotel near Pyongyang ahead of a planned summit between President Donald Trump and North Korean leader Kim Jong Un, a U.S. official said on Wednesday. The official, speaking on condition of anonymity, said there was no immediate confirmation of any change in the detainees' status. Trump administration officials have pressed for their release as a show of goodwill by North Korea before the unprecedented U.S.-North Korea summit expected in late May or early June. Earlier on Wednesday, South Korean media reports quoted a South Korean activist as saying North Korea had relocated the three Americans from a labor camp to a hotel on the outskirts of Pyongyang. Choi Soung-yong, the activist, told Reuters that Kim Hak-song, Tony Kim and Kim Dong-chul were moved in early April following instructions from superior authorities, citing residents in Pyongyang. The United States and North Korea "seem to have decided on a date to release these people," said Choi. "North Korea probably wants to straighten out their affairs, rehabilitate them."

STATS

NOBEL PEACE PRIZE

If President Trump engineers the end of the North Korean nuclear threat, should he be given the Nobel Peace Prize?



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Report: Ticks and mosquitoes are more dangerous than ever

Cases of mosquito- and tick-borne illness have tripled, says CDC.

MEAGAN MORRIS
letters@metro.us

Mosquito- and tick-borne illness season is coming — and it's not going to be pretty.

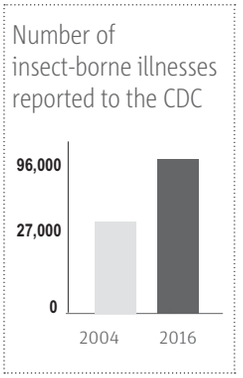
A new report from the Centers for Disease Control paints a bleak picture of the fight against tick bites (and mosquito bites and flea bites) and the diseases they transmit. According to the CDC, the number of cases of mosquito-, flea- and tick-borne illness more than tripled between 2004 and 2016.

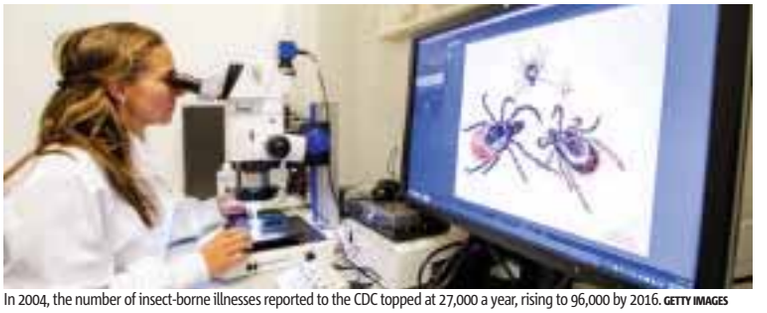
In 2004, the number of insect-borne illnesses reported to the CDC topped at 27,000 a year, rising to 96,000 by 2016.

Warmer weather is one of the factors to blame for the increase, according to the agency's director of vector-borne diseases, Lyle Petersen. Increased temperatures allow ticks to expand into new areas — and extended spring and fall seasons also extend the tick season, putting people at risk for longer.

The warmer temperatures also help mosquitoes breed faster and carry more viral loads, which is why mosquito-borne diseases like the Zika Virus are the most prevalent in hotter climates.

"I can't comment on why there's increasing temperatures, that's the job of meteorologists," Petersen told reporters, according to Wired, avoiding talk of climate change as the reason for the increase. "What I can tell you is increasing temperatures have a number of effects on all these [insect]-borne diseases."





In 2004, the number of insect-borne illnesses reported to the CDC topped at 27,000 a year, rising to 96,000 by 2016. GETTY IMAGES

WHY MOSQUITO AND TICK BITES ARE DANGEROUS

What we do know is that insect bites — especially tick bites and mosquito bites — can create serious health problems.

The CDC estimates that more than 300,000 people get Lyme disease every year, though only about 35,000 cases are reported. It comes from tick bites and Lyme disease symptoms like fever, headache and muscle aches start within a couple days of a bite from an infected tick.

Chronic Lyme disease — or persistent Lyme disease that doesn't respond to antibiotic therapy — can result in long-term problems like fatigue, joint pain, arthritis, Bell's palsy, numbness and heart issues.

Other mosquito- and tick-borne illnesses — like Zika, chikungunya and the West Nile virus — can cause everything from headache, joint pain and fatigue to birth defects.

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Ticks do not fly or jump, but they do attach to humans. GETTY IMAGES

These are the ticks you need to watch for in New York state

Officials have made specific warnings about the varieties of ticks common in the region.

MORGAN ROUSSEAU
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New Yorkers venturing outdoors this spring and summer should be vigilant to watch out for three types of ticks, according to nyc.gov.

Blacklegged ticks

Blacklegged ticks, also known as deer ticks, are about the size of a sesame seed, and transmit diseases like lyme disease, anaplasmosis, babesiosis and tick paralysis. Although these aren't widespread in New York City, experts say they have shown up in Pelham Bay Park in the Bronx, as well as parks in Queens, Brooklyn and Staten Island.

American dogs

One tick that is particularly common in the city, however, is the American Dog tick. These ticks are about a half-inch long and transmit diseases like Rocky Mountain spotted fever and tick paralysis, according to city officials.

Lone stars

The third notable tick in New York state is the Lone Star Tick, which is smaller — about a quarter-inch long — but pack a punch. They transmit diseases like ehrlichiosis, tick paralysis, and Southern Tick Associated Rash Illness (STARI).

How to be protected against mosquito- and tick-borne illness

It doesn't matter where you live; ticks and mosquitoes can find you anywhere.

According to the CDC, diseases from mosquito and tick bites happen in every U.S. state and territory.

Don't let that keep you indoors all summer, though: The CDC recommends using insect repellent whenever you're outdoors. Dr. David Shih, chief medical officer of CityMD, told Metro that repellents with permethrin (found in brands like Sawyer, Repel and Nix) are the best.

And always wear long pants and sleeves if you're going to be in areas where ticks and mosquitoes like to congregate, like tall grass or wooded areas. MEAGAN MORRIS

Warmer temperatures help mosquitoes breed faster and carry more viral loads. ISTOCK

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STARBUCKS SETTLEMENT

Two men arrested in a Philly Starbucks reached a "symbolic" settlement with the city, while Starbucks will pay their student loans.

Two black men arrested in a Philadelphia Starbucks for not ordering anything have settled their complaint with the city for one dollar each, and $200,000 to help high school students get started as entrepreneurs. The company itself has agreed to pay them a "confidential" sum, their attorneys said.

"We thought long and hard about it, and we feel like this is the best way to see that change that we want to see," Donte Robinson, who was arrested along with Rashon Nelson in the Rittenhouse Starbucks on April 12 in an incident that sparked national controversy, told the Associated Press of their settlement. "It's not a right-now thing that's good for right now, but I feel like we will see the true change over time."

The city of Philadelphia agreed to allocate $200,000 in funds to a new School District program for young entrepreneurs at public high schools as part of the settlement.

Nelson and Robinson were allegedly in the Starbucks waiting to meet a man about a real estate deal, when one of them was told by a manager they would have to leave if they didn't place an order. Minutes later, they said, Philadelphia police officers entered the cafe and arrested them, in an incident caught on cellphone video that quickly went viral. They were detained for about eight hours and released without being charged.

Philadelphia Mayor Jim Kenney voiced his support for the settlement, noting they had chosen to avoid a lawsuit.

"This was an incident that evoked a lot of pain in our city, pain that would've resurfaced over and over again in protracted litigation, which presents significant legal risks and high financial and emotional costs for everyone involved." SAM NEWHOUSE

The 72nd Street B/C station will close Monday, May 7, with 86th Street following on June 4 for critical repairs and enhancements. Both are set to reopen in October. GETTY IMAGES

Closures coming to 72nd and 86th Street B/C subway stations

The 72nd Street station will close Monday, May 7, with 86th Street following on June 4. (Don't worry, we'll remind you again.)

NIKKI M. MASCALI
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The good news, Upper West Side straphangers, is enhancements and repairs are coming to two subway stations along the B/C train lines. The bad news is both stations will be closed for six months.

Starting Monday, May 7, the 72nd Street B/C station will shutter until early October, while the 86th Street B/C station will close Monday, June 4 and reopen in late October, New York City Transit said.

Both stations will be completely closed for the duration of the work, and B/C trains will skip both stations, but the trains will still have service at 81st Street, 96th Street and 59th Street-Columbus Circle. M10 bus service, which runs along the B/C route, will be increased during the work.

The closures will allow MTA crews to make critical structural and safety repairs to concrete and steel columns, beams, platforms, stairs and walls. Additionally, waterproofing upgrades will be made and new turnstile areas with glass barriers will be installed, as will new security cameras and LED lighting.

Both stations will also receive signage enhancements that include real-time service changes and train and bus arrival information.

"We appreciate our customers' patience while we do these critical repairs and improvements," NYC Transit President Andy Byford said. "These temporary closures will prepare these stations for decades of continued service. We're deploying customer service personnel to help riders through this transition and will hold the contractor to the aggressive work schedule."

"We appreciate our customers' patience while we do these critical repairs and improvements."

NYC Transit President Andy Byford

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Of the nearly 24,400 one- to four-unit homes sold in New York City in 2017, only 2,705 (11 percent) were affordable "to families making the area median income for a family of three — $85,900." ISTOCK

Report: House flipping is depriving New Yorkers of affordable housing options

The practice of buying a home for cheap and selling it for a profit is having a damaging effect on the affordable housing stock in New York City.

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You've probably heard of house flipping on some HGTV shows, and the practice of buying a home for cheap and selling it for a profit isn't just spurring new series — it's having a big effect on the state of affordable housing in New York City.

A recent report by the Center for NYC Neighborhoods looked at how house flipping deprives some New Yorkers of affordable homes in their neighborhoods.

To flip a house, people need to buy property at a low price, meaning they're usually homes in foreclosure. Thirty-four percent of homes flipped in 2017 were bought in foreclosure, according to the report, while 12 percent of all homes sold in 2017 were in foreclosure.

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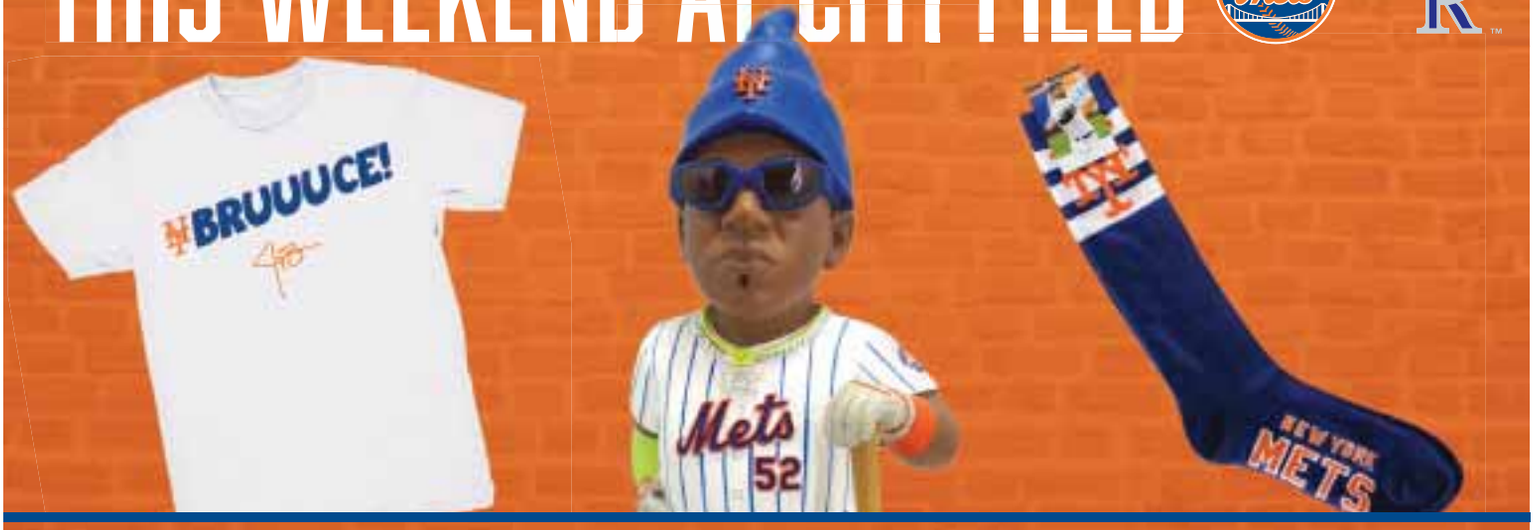

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"That means that a flipped home was almost three times more likely to have been in foreclosure than a home that sold without being flipped," the report stated, raising the question, the researchers said, of whether these homeowners were taken advantage of by real estate investors, and not truly given the chance to remain in their homes.

That rate was even greater in some areas: In East Flatbush, Queens Gardens and Kew Gardens, more than 40 percent of flipped homes started with foreclosure.

This practice doesn't just harm the homeowners, who are often elderly and vulnerable and targeted by investors via "unwanted and sometimes deceptive solicitations," per the report. It also hurts those looking to buy homes by reducing the supply of affordable houses and turning once-affordable homes into more expensive properties outside their reach.

Of the nearly 24,400 one- to four-unit homes sold in New York City in 2017, only 2,705 (11 percent) were affordable "to families making the area median income for a family of three — $85,900." And of those sales, 1,026 (38 percent) were flipped by investors, meaning, the report said, "that over one-third of homes on the market affordable to families at the area median income were purchased by investors and subsequently resold at less affordable prices."

Even further, this practice makes it more difficult for first-time buyers to get their foot in the door, since real estate investors often have access to properties before they're publicly listed.

Bills currently in the New York State Assembly and Senate would put a higher tax on home sales that happen quickly.

"This flip tax would exempt average homebuyers while demanding the speculative investors pay up if they want to flip in New York City," the report stated.

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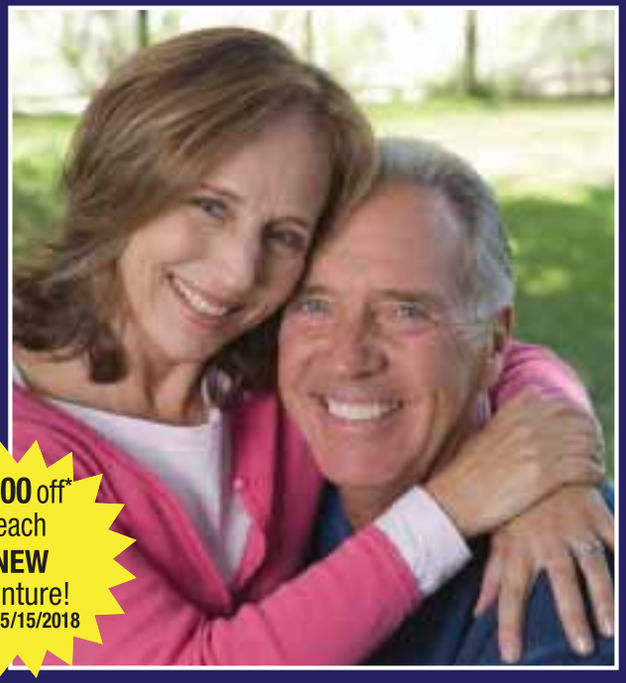
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Harold Bornstein arrives at this East 78th Street office in December 2015. GETTY IMAGES

Fast facts about Harold Bornstein, the man behind Trump's fake doctor's note

Formerly Trump's personal physician, the Upper East Side doctor says Trump dictated the letter.

MICHAEL MARTIN
letters@metro.us

On Tuesday, Harold Bornstein, a Manhattan gastroenterologist who used to be Donald Trump's doctor, raised eyebrows when told CNN his office had been "raided" by Trump's personal bodyguard turned White House aide Keith Schiller and others, who seized Trump's medical records. He added that Trump had dictated the letter that Bornstein released before the election, claiming that Trump's "physical strength and stamina are extraordinary… if elected, Mr. Trump, I can say unequivocally, will be the healthiest individual ever elected to the presidency." Here's what you need to know.

1. Harold Bornstein had treated Trump since 1980

Harold Bornstein was Trump's physician for 36 years, until Trump entered the White House. Bornstein's father was Trump's doctor before that. A graduate of Tufts University Medical School, Bornstein asked The New York Times for donations to the school in exchange for interviews in February 2017 and this week. The Times declined. Bornstein did the interviews anyway.

2. Bornstein and Trump fell out because of an interview

On Feb. 1, 2017, Harold Bornstein did an interview with the New York Times in which he said Trump was taking finasteride, a hair-loss drug. "He has all his hair," said Bornstein. "I have all my hair." Bornstein boasted that he had "every phone number for him and all the wives," who were also his patients, and that a germaphobic Trump "changes the paper on the table himself" after exams. It was after that, Bornstein said, that Trump severed ties and his office was "raided" by Schiller, a Trump lawyer and an unidentified third man on Feb. 3, 2017. It was a double blow to Schiller, who had designs on the White House physician job.

3. Bornstein is "frightened and sad"

"I feel raped — that's how I feel," Harold Bornstein told the Los Angeles Times yesterday. "Raped, frightened and sad. I couldn't believe anybody was making a big deal out of a drug to grow his hair that seemed to be so important. And it certainly is not a breach of medical trust to tell somebody they take Propecia to grow their hair. What's the matter with that?"

4. He may be in a heap of trouble

Pick your ethical lapse: Bornstein falsified claims about then-candidate Trump's health before the election, then divulged confidential patient information after it. "Under the American Medical Association's Code of Medical Ethics, conduct that fails to meet the standard of care has the potential to be a violation," writes Elura Nanos at Law & Crime. "If signing off on a questionable bill of health doesn't count as 'failure to meet the standard of care,' I'm not quite sure what does."

Bornstein's actions could also constitute medical malpractice, but it's unclear who would have standing to sue over it. If Trump did, he would risk further unflattering details coming to light during discovery.

5. Harold Bornstein's online reviews are not bad!

Although the unkempt, syntactically offbeat Bornstein isn't his own best advertising in TV interviews, his online reviews are not bad. He has a 3.7 average rating on Vitals (out of 5, with 45 votes) and a 3.7 on Healthgrades (also out of 5, with 45 votes). His WebMD average is lower: 2.9 on the same scale.

But it's unclear how much those ratings fluctuated since the physician's disclosure; as America has learned, any documentation involving Bornstein warrants skepticism.

Sea Machines, a Boston-based company, is bringing its autonomous tech to boats around the world with a contract with the world's largest shipping container company. **PROVIDED BY SEA MACHINES**

Sea Machines bringing autonomous tech to world's largest shipping company

Cars have been coming out with artificial intelligence and automated tech features for a while, from systems that can automatically hit the brakes to alerts that let you know when another car, cyclist or other collision-risk is too close.

But drivers on land aren't the only ones who could use those benefits. Now, similar technology is coming to ships, thanks to a Boston-based company called Sea Machines Robotics.

Sea Machines is exploring automated technology for the maritime industry, and recently made a big step toward the future of autonomous boats thanks to a contract with A.P. Moller-Maersk, the world's largest shipping container company.

"It's a perfect domain for autonomy," said Michael Johnson, CEO of Sea Machines. "Cargo shipping moves 90 percent of the world's trade — that's something not a lot of people know."

The contract with Maersk doesn't mean the Danish company's container ships will be completely unmanned. It's about bringing reducing errors, through Sea Machines' perceptual and situational awareness tech, to help humans at the helm.

That technology uses artificial intelligence and is similar to advanced driver assistance systems — those features like automatic braking and advanced cruise control found in the latest luxury cars. Unlike cars, though, boats have to deal with the dynamic environment of the ocean, which means multiple forces at play and some unpredictable challenges that can make it hard for human operators to maintain control.

Using cameras and radar, the Sea Machines system will be able to identify any obstacles in the way of the container ship and then track those objects with artificial intelligence.

> **"It's the beginning of a new era in the maritime space."**
> Michael Johnson, CEO of Sea Machines

"Then it brings that information to the wheelhouse of the ship, so that it's displaying pre-processed, intelligent information to give [the crew] an increased sense of awareness of what's around the vessel," Johnson said. This will help reduce transit risks and make things on the ship more productive and efficient.

This contract is a pretty big deal, the company said — not just for Sea Machines themselves, though the fact that a U.S. company won this kind of contract is notable, but because it's a step toward the future, and a more accessible world of boating for all. "It's the beginning of a new era in the maritime space," Johnson said. "[We're] bringing this more efficiently and effectively into the commercial sector first, and then the whole thing is a path to the consumer market of recreational boating."

The systems that will come to recreational boats, he added, will be even more comparable to what we're seeing on cars today. That will improve the boat-operating experience for everyone, "making boating easier," he said, "and therefore opening the market up to many, many people."

KRISTIN TOUSSAINT

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A new report shows what cities millennials are moving to and impacting. ISTOCK

New data lists NYC among the country's most millennial cities

Politico took a look at the cities with the most millennials having the biggest impact.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

There's a lot of research about the impact of millennials, from what industries they're "killing" with their spending habits to what jobs they're bolstering as they take over the workforce. But where exactly are all these millennials living, and what cities are they impacting most?

Though you may associate Brooklyn with young hipsters doing odd jobs, that's not actually the top place, according to a new report from Politico.

Politico wanted to go beyond the too familiar millennial-focused "gimmicky pseudo-data about, say, avocado consumption," and look into how this age group is impacting the country's urban centers. Their list of the most millennial cities gives a look at where these people are moving

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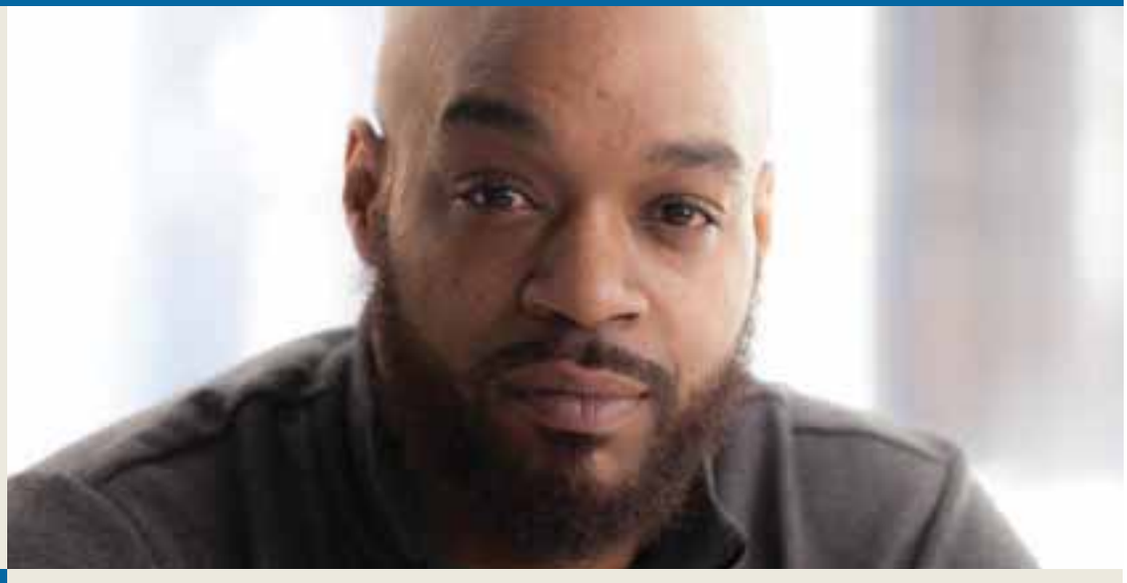
— Mitchell



Opioid addiction treatment with methadone and buprenorphine is available in New York City.

If you or someone you know needs help, call 888-NYC-WELL or visit nyc.gov/health/addictiontreatment for more information.

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and what economic success they're finding there.

San Francisco is No. 1 on Politico's most-millennial cities list, with 23 percent of the California city's population made up of adults between the ages of 25 and 34.

Boston came in second and Washington rounded out the top three. New York City just missed the top 10, coming in at No. 11 — though Jersey City landed high on the list at No. 4 — and Philadelphia landed about halfway down the list at the 26th spot out of 50 cities.

Politico's rankings took into account a few different factors. In comparing cities of more than 200,000 people, the report focused on the percentage of millennials within that population, their economic output, transportation and the recent arrival of millennials to that city from other areas.

In New York City, adults 25 to 34 years old makeup just 18 percent of the population — with 8 percent having moved to the Big Apple in the last year — earn a median income of $67,000 and have an economic impact of $71,000.

Though some "already celebrated cites," to use Politico's words, like Boston, New York, Chicago and so on did appear on the list, this report also pointed to the rising appeal of places like Denver (No. 6), Durham, North Carolina (No. 12) and Richmond, Virginia (No. 16) among others.

"Things like amenities, weather, liveliness, et cetera are important," Robert Manduca, a Ph.D. student in sociology and social policy at Harvard, told Politico. "But other things are important as well — opportunities for meaningful career advancement, and even just familiarity with different parts of the country."

The creation of this "most millennial cities list" is the start of a Politico reporting project that will take a deeper dive into how millennials are changing America. The news outlet said those stories will roll out over the next year.

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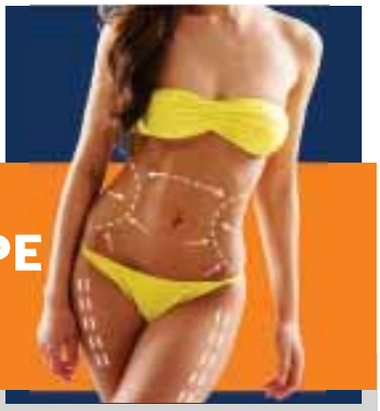

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Certain healthy habits can add years to your life, according to Harvard researchers. ISTOCK

Harvard researchers say these five habits could add 10 years to your life

Want to live longer? Researchers at the Harvard School of Public Health looked at decades of data to find the habits that improved longevity.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

What's the secret to living a long, healthy life?

While there's no magic potion, there are a few healthy habits that can keep you fit while adding 10 years or more to your life expectancy, according to the Harvard T.H. Chan School of Public Health.

In a report released this week, Harvard researchers said that maintaining the five healthy habits of eating a healthy diet, exercising regularly, keeping a healthy body weight, not drinking too much alcohol and not smoking could tack on more than a decade of extra years to your life.

Those are all things we've probably heard before, but it really is that simple, said study author Yanping Li in an email.

"The hardest part," she continued, "is to try your best to keep the simple healthy behavior for a long time."

For the report, researchers looked at 34 years of data from more than 78,800 women participating in the Nurses' Health Study and 27 years of data from more than 44,300 men participating in the Health Professionals Follow-up Study.

They looked at the association of those five lifestyle habits and mortality risk based on those years of repeated measurements in these studies, which have been going on for decades.

Those specific habits included not smoking, a low body mass index (of 18.5 to 24.9 kg/m2), at least 30 minutes or more per day of moderate to vigorous physical activity, moderate alcohol intake (for example, up to about one 5-ounce glass of wine per day for women, or up to two glasses for men), and a healthy diet.

When all those low-risk lifestyle changes were followed, researchers estimated that women gained on average 14 years of life, and men gained 12 years, compared to those who didn't maintain those healthy habits.

Since these habits aren't unusual suggestions, Li said that this report was meant to really show, in terms of quantity of life, how important they are.

"For example, a lot of smokers knew smoking is bad for their health or they might have a higher risk of lung cancer, but they do not know 'how much,' and just [being told] 'a higher risk of lung cancer' seems still too far from their life," she said. "But if they keep in mind that they will live about 10 years shorter than their non-smoking siblings or friends, they would think of [quitting] or at least to reduce the cigarettes per day."

> **"The hardest part ... is to try your best to keep the simple healthy behavior for long time."**
> Yanping Li, study author

"This is why we did our study," she continued. "We try our best to show the scientific message in a simple, straightforward and [in] almost layman's term just to make sure everybody could easily take the message home: even with modest changes toward a healthy lifestyle, you will be paid back by a prolonged life expectancy."

LIFESTYLE

BROUGHT TO YOU BY BOOGIE DOWN BRONX ZOO

The Bronx

— birthplace of hip-hop, still bringing the beat

So much more than just music, the now-global movement's more topical than ever.

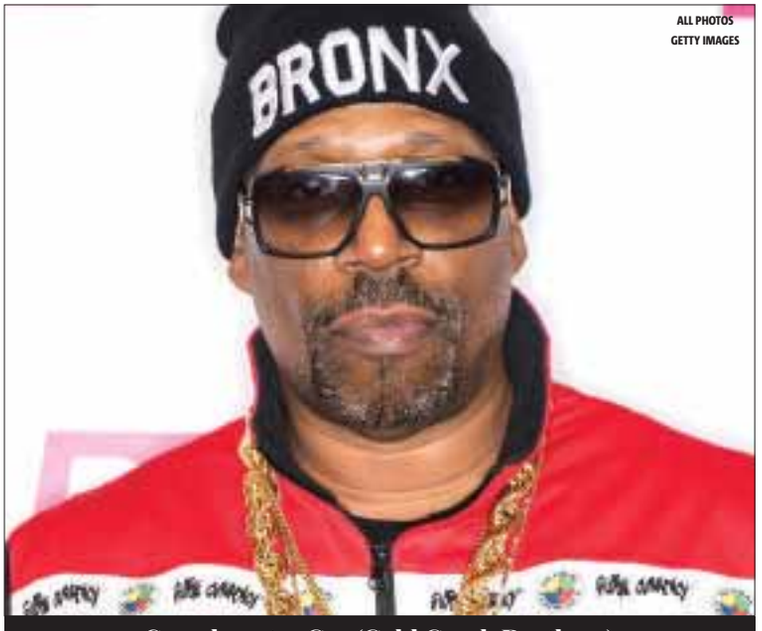
JACOB GREEN
letters@metro.us

It began on New York City's streets. Way up town. At block parties, where neighbors and extended families would come together to share food, music and moves.

In the 1970s, New York was a very different place. If you're old enough to remember a Times Square that would leave today's most aggressive Elmo cowering in a corner, and the idea of doorman condos in Alphabet City and Harlem was magical thinking, you know that the streets were not a welcoming place — especially in the Bronx. But residents found solace in their communities, and created a movement now known around the world. That movement was hip-hop.

More than just music, hip-hop culture drew from Caribbean roots, turntables and beat boxes, emceeing and dance. And by 1979 the sounds of the South Bronx were finally getting popular with a mainstream audience.

Today the sound born of the Bronx is coming back to roost at the ongoing Boogie Down event at the Bronx Zoo. But first let's take a step back and meet a couple of the locals who fostered hip-hop in its infancy.



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Grandmaster Caz (Cold Crush Brothers)

Born Curtis Fisher in 1961, Grandmaster Caz stepped into the world of hip hop when he was just 13, and knew he had found his home. In the late '70s he joined the Cold Crush Brothers, and together they set the standard for all future emcees. It's around this time that Grandmaster Caz shared some lyrics with the up-and-coming Sugar Hill Gang, which laid the base for "Rapper's Delight," the first huge hit from the rap world to make the Top 40 — though Caz has never been compensated, as Jay-Z rapped about in his 2001 single "Izzo (H.O.V.A.)". Word of mouth, trading tapes and sticking close to their base took the Cold Crush Brothers further than they could've ever imagined. These days you can take a walk with Caz — literally — through the Bronx and hear directly from him all about the evolution of the music as well as the neighborhood **(check out hushtours.com)**.

Grandmaster Melle Mel and Scorpio of Furious Five

Melvin Glover was also born in the Bronx in 1961, and followed a parallel life as a cook in the kitchen that created and eventually served up hip-hop as lead rapper and main songwriter for Grandmaster Flash and the Furious Five. Melle Mel is credited as being the first rapper to adapt the term "emcee," and also cut his teeth on music at a very young age. The Furious Five, which includes Scorpio (Eddie Morris) recorded and released their first album in 1979, and the rest is history. Theirs was the first hip-hop record to be added to the National Archive. Scorpio and Mel are not "Some Kind of Sorry" for having come together — "It's been a blessing to be a part of this magic," says Scorpio.

Want to see Grandmaster Melle Mel and Scorpio on hometown turf? They'll be performing at Boogie Down at the Bronx Zoo on May 12 and 13 from 1 – 2 p.m. Tickets and info are available at bronxzoo.com/boogiedown

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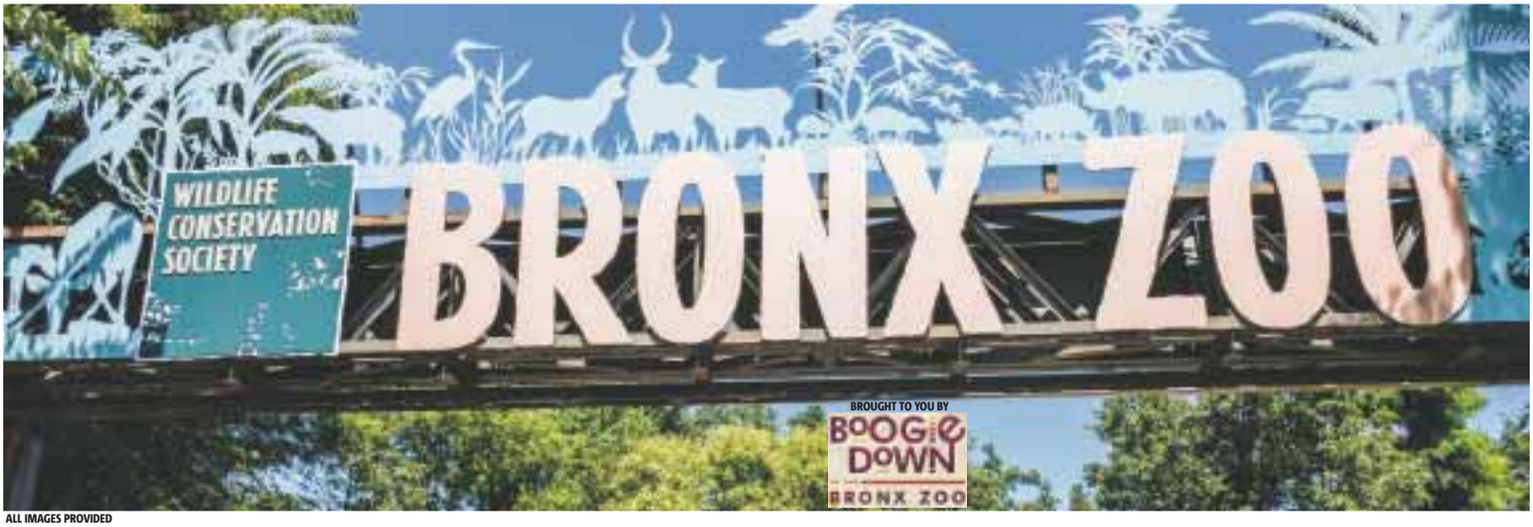


ALL IMAGES PROVIDED

New York's biosphere in the Bronx

A neighborhood's Noah's Ark.

JACOB GREEN
letters@metro.us

There are places that act as great equalizers. Where your background, appearance and abilities don't matter. In these unique atmospheres it's our sameness that's overwhelming ... whether you're hot or cold blooded; scaly or feathered; ferocious or meek; rich or poor; employed or not; young or old.

One of those magical places is the Bronx Zoo.

And it's becoming even more accessible — for everyone — than ever this summer, as Windows of Hip Hop and the Bronx Zoo present "Boogie Down," a celebration of the music, dance, art and food that make the Bronx our city's best example of an equalizer.

"Look, man," says hip-hop star Scorpio of Furious Five, "growing up in the ghetto, the Bronx Zoo was like our personal Disneyland. It's the first place I actually saw white people — no joke! Integration in action in the Bronx, yo. And I learned that we're all the same — little white kids were gettin' yelled at by their mamas same as I was when we'd all run off to look at the animals. It had a really big effect on me, learning that those kids and I share the same city, and these animals and us, we share the same world. It made me want to go out and learn about the world. To see where these creatures came from — whether that's the dude from Staten Island or the lion from Africa."

Scorpio's performing, along with a roster of other emcees and artists, at Boogie Down, and feels that by opening the zoo's doors to hip hop, that sense of inclusion will only expand. "People are gonna go who may not have before, because it's even more representative now, and maybe they'll feel how I felt as a kid. It's miraculous, really."

Bronx-based nonprofit Windows of Hip Hop (wohh.org) worked closely with the Bronx Zoo to curate the program, choosing elements of local salsa to throw into the mix along with the food and fun on the calendar. WOHH is a women-led, women-run organization that's focused on invigorating, educating and inspiring audiences and entrepreneurs, students and community advocates to invest in the neighborhood through the arts.

"The Bronx is really a small town," says President and CEO Melissa Libran. "It's a community like none other in the city. And the thing about working with the zoo is that we were ALL born in the same neighborhood. Like, I was born a mile away from where that snow leopard was born — it extends to the animals that live at the zoo! And it's so exciting that all of us locals can get together on their turf and share music and dance and art and food that can't be found anywhere else but the Bronx."

Boogie Down looks to re-create the feeling of the block parties once pervasive in the Bronx — the creative petri dish that gave us hip hop, breakdancing and so much more. So be sure to head uptown this summer with open ears.

For more information, including a calendar of performances and programs, visit bronxzoo.com/boogie-down.

Grandmaster Caz in his happy place.

Bronze castings of Indian rhinos "Victoria" and "Bessie" stand watch outside the Elephant House.

BROUGHT TO YOU BY
BOOGIE DOWN
BRONX ZOO

Head up to the Bronx for an authentic Italian meal. WIKIMEDIA

These Italian American push-cart vendors had the right idea way back in the 1940s. WIKIMEDIA

New York's authentic Little Italy is miles north of Mulberry Street

Head to Arthur Avenue in the Bronx for the real deal. Buon appetito!

JACOB GREEN
letters@metro.us

Way back when, the narrow, cobbled streets and tenement buildings of Little Italy were rife with hole-in-the-wall osterias and trattorias where for a few bucks you'd be fed by an Italian grandmother before having your cheeks pinched and sent on your way to waddle to the subway. Now, however, it's as touristy as Times Square, with the bussed-in masses ordering off laminated set menus of food that's as authentic as the purses sold down the block on Canal.

Never fear, fettuccine-phile. There's an unspoiled Italian enclave in Belmont, just a half-mile from the Bronx Zoo and Botanical Gardens. Welcome to Arthur Avenue.

If you feel like preparing the perfect meal at home, fill your shopping bags at the local meat and seafood markets, and don't skimp at the pastry shops. But if you'd like to leave the cooking up to nonna, here are a couple of our favorites.

Modern mangia

Dial yourself in for contemporary Italian deliciousness at Zero Otto Nove (089), Roberto Paciullo's second restaurant (this being the casual answer to his first, Roberto's), which takes its name from Salerno's telephone code. Salerno-style pizzas have a crisp outer crust that get softer towards the middle, and are topped with incredible sauces, cheeses, meats and vege. By the time your table is ready (prepare for a wait) you'll be ready to tackle an antipasti, a primi, a secondi AND a pizza for the table. *Zero Otto Nove (089), 15 West 21st Street, No reservations*

Pizza worth waiting for. ZERO OTTO NOVE

The Arthur Avenue Retail Market PROVIDED

Salivate for this sambo

The Arthur Avenue Retail Market is a one-stop-shop for freshly made breads, pastas, cheeses and sauces, and their menagerie of cured meats makes for carnivore heaven. But you know it's a bad idea to grocery shop hungry. So find the hoagie stand known as Mike's Deli and order yourself a Big Mike's Combo. It's like a slice of the best of from each counter around the market, all stuffed into a crusty roll. It doesn't get much better than this. *Mike's Deli, 2344 Arthur Ave., near the Hughes Ave. entrance, No reservations*

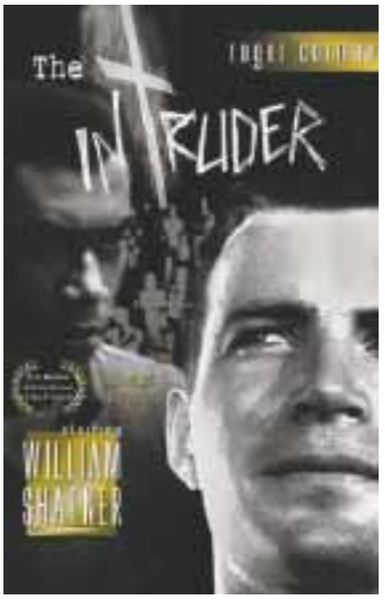
Ocean's ate

It's time to pick up some almost-too-fresh-to-schlurp oysters, crab claws, prawns the size of your fist and vongole at Randazzo's Seafood. Three generations of Sicilians have been shucking, scaling and selling some of the city's best frutti di mare here for over 80 years. If you know don't trust yourself to create something fantastico in your own kitchen, opt for the never-gritty clams and eat them right there on the street. *Randazzo's Seafood, 2327 Arthur Ave.*

The catch-all

Can't decide, or just prefer to have an expert order for you, shuttle you from the best of the best to even better and take care of all the details? Consider a tour.

ArthurAvenueFoodTours.com offers private excursions (both for shopping and eating, and just plain eating) all summer long, and their website provides good background on the must-visits. You can also visit FreeToursByFoot.com and download a free self-guided walking tour directly to your smartphone. With more than a dozen eating spots you'll want to show up hungry (and with a spare charger).



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Roger Corman is too old to retire

The legendary filmmaker talks to Metro ahead of Thursday's Q&A at the Metrograph.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

While only major cinephiles have probably heard of Roger Corman, his impact on the medium is immeasurable.

So it's little surprise that on Thursday night New York City's Metrograph will host An Evening With Roger Corman, which includes screenings of his classic films "The Intruder" and "The Pit and the Pendulum," then introductions and a Q&A with the legendary director.

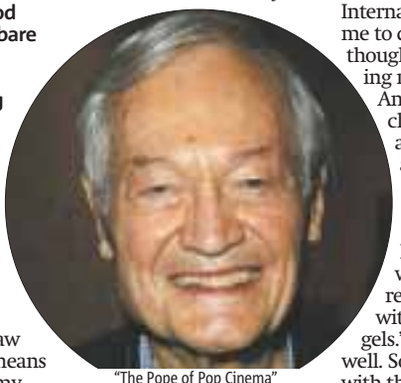
I recently had the chance to speak to Corman ahead of the event, and he was more than happy to go down memory lane with me.

What are your memories of "The Intruder"?

Primarily "The Intruder" was shot in the 1960s, which was just the beginning of racial integration of schools in the South. We had a great deal of trouble. Including some death threats. I remember on the final night of shooting we had a Ku Klux Klan parade to shoot and we were staying at this motel. I said to everybody, "Just pack your stuff. Everybody put your suitcases in the truck. We are not coming back to the motel." Because we had had a threat that night. So I said, "We will shoot the parade. We will pack the stuff and make it look like we're coming back to the hotel. But we're going to drive straight to St. Louis all night long."

I think the Hollywood blockbusters today bare similarities to your approach and films — is that something you've noticed?

A New York Times critic wrote at the time of the "Jaws" release, "What is 'Jaws' but a big budget Roger Corman film?'" He was right. But it was bigger and better. I remember when I saw it, I thought, "This means trouble for me and my compatriots. The majors have caught on to what we've been doing." Just a little bit after that? Out came "Star Wars." Then I thought, 'They are really hitting it where we live.' Since then they've taken the ideas and concepts we were working with and made them bigger and better. Particularly in science-fiction films, which have amazing special effects.



"The Pope of Pop Cinema"
GETTY IMAGES

How many Edgar Allan Poe adaptations did you do?

I did six Edgar Allan Poe films, and they were all successful. American International wanted me to do more, but I thought I was repeating myself. "The Hells Angels" gave me the chance to get out and shoot a whole action picture on the streets. And also make a little bit of a comment. I thought there was a working class rebellion working within "The Hells Angels." The film did very well. So I decided to stay with the counter culture, and did a film called "The Trip," about an LSD trip. I took one trip myself, as a conscious director. So I knew what I was doing! The experience was just too overwhelming that I knew I couldn't recreate everything. I did as much as I could with the effects at the time. Again, the film was successful. It was one of only two American films invited to the Cannes Festival that year.

Proudest moment of your career?

I wouldn't say there was one moment. I would say the fact that I was able to move and stay current, as it were, in films, starting in the late 50s all the way to today. John Davidson, who started many years ago as my assistant when he came out of NYU, I had lunch with him recently and he said he was retiring. I said, "John, I always thought of you as the kid in the office and now you're retiring. Maybe it's time for me to retire.'" And he said, "You're too old to retired."

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Let's all go to Cat Camp

The weekend-long festival of all things feline returns, this time to Penn Plaza — here's why you need to be there.

EVA KIS
eva.kis@metro.us

IMAGES BY ANDREW MARTTILA

Jackson Galaxy

As the host of Animal Planet's "My Cat From Hell," Jackson Galaxy is a friend to cats and their owners everywhere. But he found something special at last year's first-ever Cat Camp — so much that he's now a partner in the event, back for a second year May 5-6 at Penn Pavilion.

"As soon as I walked through the doors to speak at last year's inaugural Cat Camp, I was instantly overtaken with an indescribable sense of joy," says Galaxy. "Now that we've joined forces, you can expect Cat Camp to be even bigger and better in 2018, with more celebration, more fun, more adoptable animals, more education and advocacy."

Following last year's success, the show is moving to Penn Plaza Pavilion and will span two floors with two full days of panels and workshops, tons of vendors for all your practical and decorative needs, special events and even a kitty-themed drag show for charity.

Christina Ha, Cat Camp founder and owner of New York's first cat cafe Meow Parlour, remains the brains behind the programming, and credits Galaxy with helping her on her own cat journey. "Jackson has shaped my relationship with my (now 5) cats, and his tips from his show helped me with designing Meow Parlour to be fun, engaging and comfortable," she says.

Now that you're properly ready for this weekend-long bigger and better lovefest, we've got your guide to the highlights.

The responsibilities of cat celebrity

You'll be seeing plenty of Galaxy as the event's host and keynote speaker, as well as a separately ticketed meet-and-greet. While he's happy for the stardom cats have found on the internet, he's also sensitive to the trend of people adopting cats to seek Instagram fame. To head that off, Galaxy only works with feline stars who have responsible "representation" like Lil Bub. Meet him and a human celebrity in the cat world Hannah Shaw, who documents her work fostering kittens on Instagram at kittenxlady, all weekend and hear about how to make your cat an internet celebrity responsibly at a Sunday panel series.

Solve cat issues

Cats are great, but they can be a little inscrutable. Get your questions answered at panels with a veterinarian, learn how cats and dogs can live together in harmony, finally solve your litter box issues and more educational events, plus personalized advice from rescue organizations.

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More kitties to meet and keep

Much of the extra 15,000 square feet of event space will be devoted to an expanded adoption area. Rescue groups will be bringing 300 kitties looking for forever homes, many of them seniors or with special needs.

Learn how to help cats everywhere

Adoption isn't the only way to help kitty-kind. Cat Camp describes itself as "a celebration of cats that's rooted in advocacy." To that end, you'll find panels on helping big cats worldwide, what to do if you come across kittens (it's that time of year), how to become a foster mom/dad and starting a Trap, Neuter, Spay program in your neighborhood.

Cat Camp is in session from 10 a.m. to 6:30 p.m. at Penn Plaza Pavilion, 401 Seventh Ave. Tickets start at $25; some events separately ticketed; catcampnyc.com

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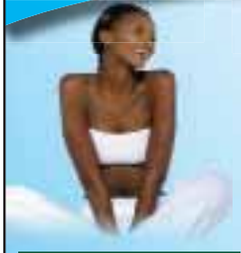

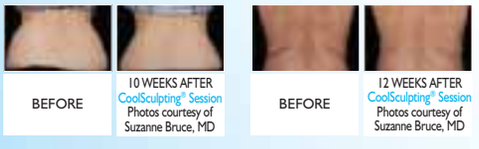
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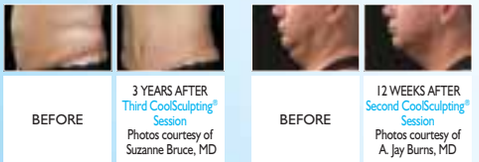
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THINGS TO DO

Cinco de Derby

The most anticipated horse race of the year meets our best excuse to gorge on tacos. NYC & COMPANY

This Saturday's 144th annual Kentucky Derby also happens to be Cinco de Mayo, making for some interesting parties. We rounded up some of the best.

EVA KIS
eva.kis@metro.us

For true enthusiasts
What started in 2003 with three roommates having a good time in their apartment has grown into a 500-guest affair. This year's Brooklyn Derby is going down at Greenwood Park (555 Seventh Ave., South Slope), where they're turning the beer garden into a bourbon garden with yard games like bocce, a hat-making station and more. Get in on the all-inclusive party ($95) from 4-8 p.m. including an open bar, Southern snacks and live bluegrass and big band music. *555 Seventh Ave., South Slope, brooklynderby.com*

Dance with the fancy lads
Before the ponies Run for the Roses, you'll be well served at the 121st Annual Derby Day Bash at Pete's Candy Store. The Greenpoint bar and performance space has "festivities as bountiful as a true gentleman's manners," including The Millinery Parade, tacos by Nik Westman for all your Cinco de Mayo-fueled needs, plus live music and dancing. Fun starts at 3 p.m. but only for those dressed to impress. *709 Lorimer St., Brooklyn*

Pose with a real horse
Wear your derby-inspired duds to the Lower East Side bar named for two racehorses, Saxon + Parole, where a real pony with a wreath of roses will stop by for photo ops. Spend a day listening to live bluegrass tunes while sipping unlimited mint juleps, rosé and beer, accompanied by a spread of seafood, fried chicken and roast hog from 3-7 p.m. *$135 in advance, $150 door, 316 Bowery*

Midtown's fanciest
Another sure sign of spring: Rockefeller Center's ice rink transforming into the Summer Garden & Bar, which will host the largest outdoor Kentucky Derby party in Manhattan. Watch all the action on TVs mounted outdoors while enjoying Southern-style snacks, desserts and the race's official bourbon Woodford Reserve in Mint Juleps, Kentucky Mules and more. Your first drink is included in your ticket price, as is a commemorative glass. There will be live music and outfit contests with prizes. *$49, 4:30-7:30 p.m., 20 W. 50th St.*

Fashionable hats
If you don't have a derby-worthy hat, shop for one by Lynn Paik Millinery at JIMMY at The James' Kentucky Derby viewing party. Come early for the pre-race hat fashion show and shop the looks ($85-$325), then enjoy derby-themed cocktails ($19), Veuve Clicquot Champagne and Southern-inspired bites. *No cover, 15 Thompson St.*

Win something for yourself
Blue Smoke Flatiron is once again sweetening the derby deal by raffling off a bottle of 20-year-old Pappy Van Winkle at its third annual Kentucky Derby Party. Get your entries by buying one of the restaurant's three varieties of mint julep or buy tickets — it all goes to support Operation BBQ Relief. From 3-7 p.m., enjoy a live bluegrass band while complimentary buckets of fried chicken make their way around, plus their take on the famously secret Derby Pie. *116 E. 27th St.*

Hit up a bourbon festival
Hone your palate for the right base to your mint julep at the first-ever Bourbon Festival At Belmont. Taste your way through 25 bourbons, plus craft beers aged in bourbon barrels at Belmont Park Racetrack from 3-7 p.m. Watch horse racing from the grandstand all day (with betting, if you like) before the derby. Dress your fanciest for the full effect. *$95, 2150 Hempstead Turnpike, Elmont, New York, bourbonatbelmont.com*

Backyard barbecue
Find some down home fun at The Bell House. Doors open at 1 p.m. for lawn games, square dancing, "tailgating" with food by Fletcher's barbecue, prize drawings (no running required), pie eating contest, a human horse race (so maybe wear sneakers after all), music by Dave Harvey & The Remedies and lots of mint juleps. First 150 racing fans get a free commemorative glass. *Tickets are $12 in advance, $16 at the door. 149 7th St., Brooklyn*

Mexitucky party time
Cinco de Derby is the theme at Threes Brewing in Brooklyn, where you'll find a no-cover all-day party melding the two holidays. Roll up to their spectacular backyard where The Meat Hook will be turning out tacos and cemitas to pair with Mexitucky mash-up cocktails like Mezcal Mint Juleps and Mint Margaritas. *Noon-8 p.m., 333 Douglass St., Gowanus*

Spice up Race Day
Williamsburg hot sauce emporium Heatonist will host its third annual Bronx Hot Sauce Kentucky Derby Party from 3-7 p.m. in its lush back garden. There'll be a whole roasted pig barbecue, spicy cocktails, beers and three new community garden-grown hot sauces to try. *121 Wythe Ave., Brooklyn*

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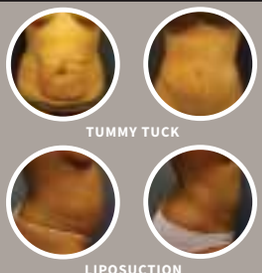

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What we're LOVING

BREADS BAKERY

We're not quite sure why **Breads Bakery** celebrates May as Cheesecake Month, but it's a foodie holiday we support. Each year, they roll out new takes on cheesecake, though star remains their incomparable Babka Cheesecake — dense croissant-like layers of pastry surrounding a swirl of ricotta cheesecake, available through June 2. The rest will be weekly specials, with all of them coming back for the final week (May 28-June 2): the Untitled Cheesecake with a soufflé-like texture and caramelized crust (May 7-13), Cheesecake Jars in speculoos, Oreo cookie and tiramisu flavors (May 14-20) and Lemon Ricotta in cake form or these darling cupcakes (May 21-June 2). EVA KIS

YOUR WEEKEND STARTS NOW

BOOKS

"The Street Photography of Garry Winogrand"

Garry Winogrand was one of the top photographers of the 1960s-70s. Author Geoff Dyer appears at the School of Visual Arts to discuss his new book, "The Street Philosophy of Garry Winogrand," which offers a funny and insightful take on the photographer's life and work. The book features 100 images from Winogrand's collection, including 18 never-before-seen shots, plus original essays.
May 3, 7-9 p.m., School of Visual Arts, Room 120, 214 E. 21st St., free, sva.edu

Chasing New Horizons

Still mad about Pluto being downgraded? Commiserate at the Intrepid Museum while hearing from the guys who led NASA's first successful satellite mission to the planet (there, we said it). The event begins with a talk between Alan Stern and David Grinspoon from the historic New Horizons mission. They'll also sign copies of "Chasing New Horizons: Inside the Epic First Mission to Pluto," followed by a (cash bar) reception. It's free, but (ironically) space is limited.
May 4, 7:30-10 p.m., Intrepid Museum, Pier 86, 46th St. at 12th Ave., free, intrepidmuseum.org

MUSIC

Lonesome Traveler

Peter Yarrow (of Peter, Paul and Mary) takes the stage at Schimmel Center to perform a concert of off-Broadway's Lonesome Traveler, which tells the history of American folk music from Bob Dylan to James Taylor. Yarrow will perform your favorite songs from the likes of the Kingston Trio, Joni Mitchell, Joan Baez and Crosby, Stills, & Nash, and the late Leonard Cohen.
May 3, 7:30 p.m., Schimmel Center, 3 Spruce St., $29-$55, schimmelcenter.org

FOOD

FACEBOOK

Queens International Night Market

The cuisines of the world resume their residency at the Queens International Night Market in Flushing Meadows Corona Park. On Saturday nights beginning at 6 p.m., the bazaar modeled on Asian's bustling night markets brings together nearly 100 vendors that represent the borough's rich cultural diversity: new items include Thai-style roasted crickets, chole bhature from India and Moldovan waffle rolls. Plus vendors, live music, games, performances and more. Admission is free, and all plates cost $6 or less.
Saturdays starting May 5-Aug. 18, Sept. 29-Oct. 27, 6 p.m.-midnight, 47-01 111th St., Corona, queensnightmarket.com

MOMPRENEURS

In Her Shoes at Bloomingdale's

Being a mom is hard, and it can be isolating — but in New York, you're never alone. Bloomingdale's and Peanut, the social app for "women who happen to be mamas," are hosting a panel on modern motherhood and having a career called In Her Shoes. Hosted on the Shoe Floor (of course), the evening features panelists like designer Rebecca Minkoff and activist Jodie Patterson, plus champagne, light bites and an early Mother's Day gift.
May 3, 6 p.m., Bloomingdale's, 59th St. at Fifth Ave., free, bloomingdales.com

ARTS

Frieze New York

The Frieze Art Fair returns to Randall's Island this weekend with works from over 1,000 of today's top visual artists and 190 modern art galleries from around the world taking over Randall's Island Park. Curated categories this year include "Live for Your Infotainment," "Spotlight" and "Frame." There are also artist talks and performances throughout the fest.
May 4-6, Randall's Island Park, 20 Randall's Island, $48-$108, frieze.com

SPRING

Liftoff: A Waterfront Kite Festival

Head to Brooklyn's waterfront to enjoy spring weather, sweeping views of the Manhattan skyline and the timeless joy of flying kites. Liftoff: A Waterfront Kite Festival is a fun and educational event where you can buy, create or bring kites, as well as parachutes, rockets and pinwheels. There will be music, jugglers, a bubble show and other family fun, kicking off a full season of free events at Brooklyn Bridge Park.
May 5, Noon-2:30 p.m., Brooklyn Bridge Park, Pier 1 Harbor View Lawn, Brooklyn, free, brooklynbridgepark.org

PARTY

Night at the Museum

MoMA PS1 is hosting a Night at the Museum, where revelers can check out all of the new season's exhibits in a festive atmosphere for all ages, with the museum staying open until midnight. To mark the occasion, there will be a one-night-only beer garden and live performances throughout the night.
May 5, 8-11:59 p.m., MoMA PS1, 22-25 Jackson Ave., Queens, $15, momaps1.org

FILM

"Twilight" Drinking Game

Indulge an old guilty pleasure by revisiting the "Twilight" movie franchise this Saturday during a drinking game that, hopefully, won't leave you feeling like you've joined the ranks of the undead come Sunday. ("Finish your drink if Edward Cullen sparkles," are you kidding? We're not in our 20s anymore!) Videology's Midnight Movie invites you to imbibe to survive one of the world's most emo vampire stories (and that's saying a lot). Maybe it's time to switch to Team Jacob.
May 5, 11:59 p.m., Videology, 308 Bedford Ave., Brooklyn, $12, videologybarandcinema.com
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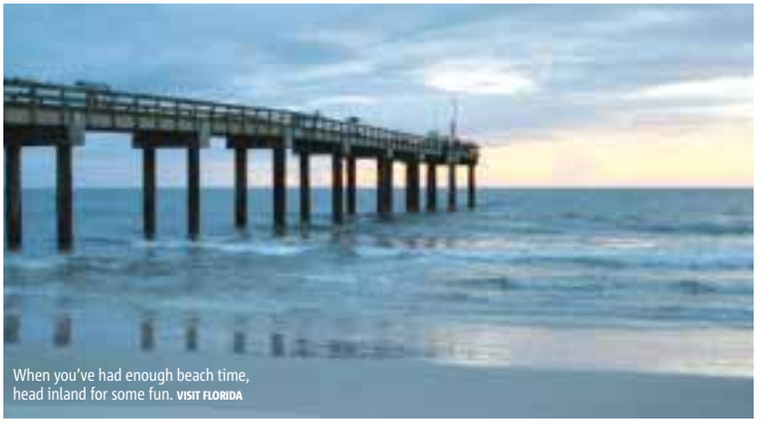
The Sunshine State's Historic Coast by night

Have a frightfully good time on a haunted excursion, a food safari or cocktail crawl.

JACOB GREEN
letters@metro.us

When you think about taking a long weekend in the Florida sun, it's inevitable to assume you can opt either for activities in Orlando or misadventures in Miami. But just 30 minutes from Jacksonville International Airport (non-stop flights available) you'll find the perfect combination of things to do and places to party. Welcome to the Historic Coast.

Florida's Historic Coast stretches for 42 beautiful miles along the Atlantic, and includes St. Augustine and Ponte Vedra Beach. Also known as the "First Coast," this area was colonized more than 50 years before the pilgrims landed at Plymouth Rock. To this day St. Augustine is the oldest continuously inhabited European-established city in the U.S. And by night the place really lights up.



When you've had enough beach time, head inland for some fun. VISIT FLORIDA

Phantoms of Florida

If you like a good ghost story — and potentially a supernatural encounter — grab a ticket for the Dark of the Moon paranormal tour of the St. Augustine Lighthouse (staugustinelighthouse.com). Climb the tower from the Keeper's House, manned with an electromagnetic field meter, and meet some of the spooks who dwell there.

Still looking to commune with the dead? Visit Tolomato Cemetery (tolomatocemetery.com), a beautiful, manicured acre home to ornate headstones that reveal sneak peeks into the lives of around a thousand St. Augustinians. Before you linger under the great Apopinax tree, know that over a century ago the funeral procession for a young woman walked beneath its shade on the way to her plot, and she came back to life minutes before burial. She apparently sticks close to that tree to this day.

More of a swashbuckler than a slimer? The St. Augustine Pirate & Treasure Museum (thepiratemuseum.com) may be just for you. From the golden age of piracy (when it involved doubloons and rum rather than the internet and elections) to Jack Sparrow's modern take, navigate your way through interactive exhibits (you can fire a real cannon!) and see one of only two known flags in existence from the actual Jolly Roger.

Delicious dining

You didn't come to Florida for tastes you could just as easily acquire at home, so hit up Catch 27 (catchtwentyseven.com) for fresh, seasonal and local food and drinks. Their seafood is caught just off the coast daily, and the menu reflects what's biting. Blackened fish tacos, anyone? Or how about a Florida catfish po'boy? Throw them both back with some grits and determination, as well as a cocktail.

If you're really leaning into the whole 'historic' thing, you'll enjoy a meal at Columbia Restaurant. It's part of a collection of family-run restos that goes back five generations. Sip a pint of Coppertail Brewing's Free Dive IPA for some refreshing notes of Florida citrus, and then order several tapas (don't forget the pinchos morunos!) to accompany what's billed as "The Original Cuban Sandwich."

Libation sensations

It might seem antithetical to saddle up to an Irish bar so near a beautiful Floridian beach, but Meehan's is definitely worth a visit. Housed in an over 100-year-old building just down the street from the historic Castillo de San Marcos, Meehan's (meehansirishpub.com) hosts three venues in one — a tropical backyard bar, a fish house and oyster bar, and your traditional Guinness-on-game-day Irish outlet. The atmosphere's inviting and you're bound to meet friendly locals on site.

Love your cocktails on vacay? Visit the St. Augustine Distillery (staugustinedistillery.com) for a free tour. They are masters of small batch whiskey, rum, gin AND vodka. The local collective has one mission — "We knew that if we could bring some of the world's best distilling experts here, to the oldest and coolest small city in America, with access to locally grown sugar cane, wheat, corn and citrus, we could develop a finer quality spirit than just about any other place in the world." Put them to the test and grab a bottle to go.

For more information or help planning a trip, visit floridashistoriccoast.com.

CATCH 27

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COMRAD

Essential oils
It's just a fact of life that airplanes smell bad, so it's nice to have something that smells fresh. Plus, some essential oils have the added bonus of calming properties. Pick up some lavender oil at the health food store and douse it on your airplane blanket and pillow.

Outfits for your feet
How many socks do you really need for a 20-hour flight? More than you think. First of all, there are the compression socks to increase circulation and reduce swelling — Comrad makes some totally cute ones. For plush comfort, I like to opt for an over-the-top fuzzy sock in chenille fabric. The other thing that's an absolute necessity is a pair of slippers. You don't want to have to put your shoes back on midflight.

A serious eye mask
One of the most important factors in getting a good night's sleep on an airplane is blocking light. I prefer using a silk eye mask because it makes me feel like I'm getting my "beauty sleep." It's also lightweight and washable.

A coat that's also a blanket
All planes are freezing. Lighten your load with a coat that doubles as a blanket. If you're flying to (or from) a cold climate, Uniqlo's Ultra Light Down is a great option. The long coat is like a super-light sleeping bag that gently hugs you while in the air, and the hood can double as some extra pillow fluff.

Noise-canceling headphones
Wireless headphones are great, but you still need a pair of plug-in headphones to be able to watch movies on the plane. If you're not trying to spend half the price of a plane ticket on a fancy pair, Bluetooth headphones from Altec Lansing are an excellent bargain.

Pajamas
Pack your carry-on like you're going to a sleepover. The best way to cure jet-lag and kill some time during your flight is to impose an arbitrary bedtime, preferably around the same time you'd be going to bed once you arrive at your destination. Brushing your teeth and changing into some PJs can help trick yourself into thinking it's time for sleep, even if it's 11 a.m.

A real toothbrush
If you're traveling for 10+ hours, you're probably going to eat a few meals at some point. Don't forget your toothbrush.

Chocolate-covered espresso beans
I understand if you're an addict who desperately needs a fix before the plane lands, but for everyone else: Do not drink airplane coffee. Try dark-chocolate-covered espresso beans instead. A handful of these magic nuggets will keep the wolves at bay until you deplane and can hunt down a proper cappuccino.

Recovery gel
Trying to sleep while confined to a single airline seat is a recipe for sore muscles, so it's a good idea to travel with a recovery balm of some kind. You can kick it old school with some Tiger Balm or try out Tata Harper's recovery gel, which is made to soothe post-gym muscles.

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When is Harvey's time up?

The Mets continue to grow tired of Harvey's antics and lack of production.

JOE PANTORNO
joseph.pantorno@metro.us

Matt Harvey continues to disappoint the Mets, but is his time with the organization drawing to an end? GETTY IMAGES

It seems like it's just a matter of time now until the New York Mets trade away Matt Harvey, once the crown jewel and future of the organization's pitching staff.

Speaking to the media on Tuesday evening, general manager Sandy Alderson summed up the team's exasperation when it comes to the 29-year-old, who was seen at a party in Los Angeles a night before a shaky outing against the San Diego Padres.

"Usually I get upset if a report is unexpected," Alderson said when asked if he was surprised by Harvey's decision to do some partying. "So I guess the short answer is no."

Even one Mets voiced his frustration to Mike Puma of the New York Post.

"It's just, what are you doing?" he asked.

This is just the latest entry in a laundry list of questionable behavior over the past five years, which frankly wouldn't be as big a problem if he were a productive pitcher.

However, Harvey has lost his place in the Mets rotation this season and has looked less-than-convincing out of the bullpen. In seven appearances (four starts), he's 0-2 with a 5.76 ERA as he continues to be a shell of the pitcher that once dazzled the league during his rookie season in 2013.

That was before the Tommy John surgery and the thoracic outlet syndrome, which would normally make many Mets fans sympathize with the pitcher's run of bad luck.

However, Harvey's immaturity, whether it's feuding with the organization over innings limits, partying or shutting out the New York media, has taken its toll on the Mets and their relationship with their troubled starter.

With his contract up at the end of the year, there is little to no chance that Alderson would make an attempt to bring Harvey back. He simply cannot handle Queens and is desperate for a fresh start elsewhere. That much is true.

What isn't known is when the Mets will start seriously dangling Harvey on the trade market, if they haven't already.

Logically thinking though, Harvey's value on the market at the moment is extremely low, if not worthless. Sure, there might be a team out there desperate for pitching who believe that taking him out of New York can help fix him, but it's likely that they wouldn't be willing to part with much in order to get him.

That's why Harvey has remained in the big leagues as a reliever. If he's able to put together a string of successful outings, his value would rise possibly just enough in order for the Mets to swing something for him before the trade deadline. But there's no use in waiting until the end of July to start talking to teams because if Alderson sees a legitimate out at some point over the next month or so, he should take it.

Domingo German could get a shot at Yankees starting rotation

Things looked bleak for the New York Yankees after starting pitcher Jordan Montgomery lasted just seven pitches on Tuesday night before leaving his outing due to an elbow injury against the Houston Astros.

Against one of the best-balanced lineups in baseball, manager Aaron Boone was forced to turn to his bullpen to try and shut down one of the best-balanced lineups in baseball for the long haul.

It could have very well been a recipe for disaster as he first called upon Domingo German, a 25-year-old right-hander who had made just 11 major-league appearances in his career.

In four previous outings this season, German didn't look like anything special, allowing six runs over 10.1 innings of work, a 5.23 ERA, with six walks to go with 14 strikeouts.

New York Yankees pitcher Domingo German. GETTY IMAGES

Yet Boone was rewarded for his move as German dazzled in Houston, going four scoreless innings, allowing four hits while striking out another four in the process. It allowed the Yankees to get to the heart of their bullpen as Chad Green, Dellin Betances, David Robertson and Aroldis Chapman pitched an inning each to shut the Astros out in a 4-0 victory.

German exhibited a fastball and slider that averaged around 96 miles per hour, the variation of movements at the same velocity proving problematic for Houston hitters. Of his 61 pitches, 39 of them were strikes.

"I just put on my starter mentality," German said (h/t Bryan Hoch). "I started warming up as if I was to start the game and I was just attacking hitters and trying to get ahead. I think that was the key."

That starter mentality might just earn him a temporary spot in the Yankees starting rotation as Boone admitted after the game that German could slot in for Montgomery on Sunday against the Cleveland Indians. Montgomery was placed on the 10-day disabled list on Wednesday afternoon with a left elbow strain. JOE PANTORNO

ALCS-like play in May

It may be only the second full month of the 2018 MLB season, but the Yankees and Astros are going at it like it's an October rematch of the 2017 ALCS. For more, visit metro.us/new-york/sports. GETTY IMAGES

Mark Jackson getting push for Knicks head-coaching vacancy

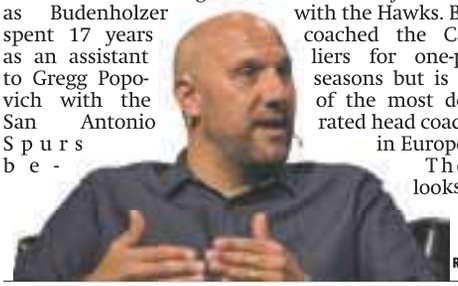
The former Knicks guard has some friends in high places which might help his chances of getting the head-coaching job of his old team.

JOE PANTORNO
joseph.pantorno@metro.us

Former Golden State Warriors coach Mark Jackson is getting support from long-time Knicks fan and Kevin Durant's business partner Rich Kleiman. GETTY IMAGES

The New York Knicks concluded their interviews of possible head-coaching candidates, 11 in total, this week. With a decision possibly coming within the next week, it was believed that former Atlanta Hawks head coach Mike Budenholzer and former Cleveland Cavaliers boss David Blatt were the favorites for the position.

Both hold a wealth of experience when it comes to coaching as Budenholzer spent 17 years as an assistant to Gregg Popovich with the San Antonio Spurs before a five-year stint with the Hawks. Blatt coached the Cavaliers for one-plus seasons but is one of the most decorated head coaches in Europe.



RICH KLEIMAN

There looks to be a third option entering the fray though and it's a very familiar face to Knicks fans.

According to the New York Times' Marc Stein, Mark Jackson "has received a strong behind-the-scenes push from Rich Kleiman," which is a name that not many basketball fans might recognize.

Kleiman, a Knicks fan, is Golden State Warriors star Kevin Durant's business partner and, according to Stein, very good friends with Jackson and Knicks president Steve Mills.

Jackson spent three seasons as Warriors head coach well before Durant's arrival to Golden State from Oklahoma City. While he helped build the organization into the juggernaut it is today, there have been complaints that Jackson had spats with front-office members that led to his dismissal.

Those attitude issues could be a reason why he hasn't been able to get a job outside the television analyst's chair for the last four years.

But Jackson has close ties to the Knicks, the St. John's alum being drafted by the organization in 1987 with the 18th-overall selection. He spent parts of seven seasons over two separate stints with the team where he ranks second on the franchise's all-time list in assists (4,005) and sixth in steals (720).

When it boils down to the facts, though, Jackson doesn't have the coaching resume of Blatt and Budenholzer. Other than his short gig with the Warriors, Jackson has never held another coaching position, instead working as a sideline analyst for ESPN.

While Kleiman's ties will certainly help Jackson's chances, he could use his business partner for even more leverage in an attempt to get the head coach he wants.

If Kleiman could somehow get Durant to even consider coming to the Knicks over the summer, Jackson's chances of getting the job would improve even more. Durant is expected to opt out of his current deal with the Warriors at the end of the year, but has indicated that he will resign.

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Plaintiff against RICARDO D. MENDOZA, et al Defendants
Attorney for Plaintiff(s)
Fein, Such & Crane, LLP
28 East Main Street, Suite 1800, Rochester, NY 14614
Attorney(s) for Plaintiff (s).
Pursuant to a Judgment of Foreclosure and Sale Entered April 4, 2018 I will sell at Public Auction to the highest bidder at the Queens County Supreme Court, 88-11 Sutphin Blvd., Jamaica, New York 11435, in Courtroom #25 on June 1, 2018 at 10:00 AM.
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David Cohen, Esq. Referee
PNMJC011

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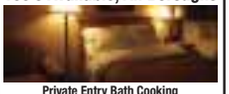

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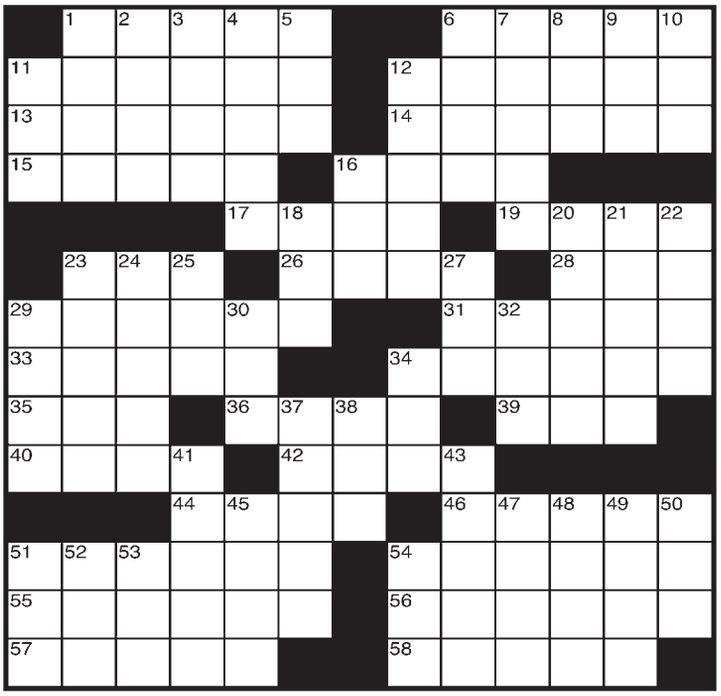
ACROSS

1 Buddy, slangily
6 Goose eggs
11 Urban flyer
12 Music featured in "10"
13 Puts on guard
14 Stole from
15 "SNL" producer Michaels
16 Mediocre (hyph.)
17 Reach across
19 Stick around
23 Reimburse
26 Cuzco founder
28 Wildebeest
29 Fozzie's frog friend
31 More calamitous
33 Whodunit award
34 Up-to-date
35 Tennis instructor
36 Subsides
39 Ready
40 Jot
42 Strains, as an engine
44 Midterm or final
46 Seeming
51 Put on a play
54 Rustle
55 Trace element in salt
56 ABCs
57 -- nova
58 Chagrin

DOWN

1 About 2.2 lbs.
2 Disney CEO Bob --
3 "Big Little Lies" Emmy winner
4 Is overfond
5 Switch positions
6 Where monkeys swing
7 Funny bone
8 Johnny --
9 Sourdough's strike
10 Turf
11 Sidekick
12 Wild horse
16 Tokyo honorific
18 Peach center
20 Arrive at a settlement
21 Like helium
22 Bend in the road
23 Peter, in Panama
24 Lingo
25 Peruvian-born -- Sumac
27 Bother
29 Military cap
30 Pique
32 Psyche components
34 Flavor enhancer
37 Propeller arm
38 Mooch
41 Patronage
43 Fancy name for 11-Across
45 Warrior princess
47 -- Minor
48 Pierre's friends
49 No -- luck!
50 1040 org.
51 Family mem.
52 As well as
53 Commercial pitches
54 Exec's degree



metro.us/sudoku

easy

					2	3	1	
3					4			
	6					7	8	2
				4	5	9	2	
	5		9	1	8		3	
	8	6	7	2				
1	4	2					5	
			4					1
	7	5	2					

hard

9		5	1				6	4
4					6			
6		1	4			9		
5		2	6	4				
				8	7	3		5
		3			4	2		1
			3					8
2	6				5	4		3

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Aries Do the best you can and avoid negative people. It's important to gravitate toward people who share your vision and spark your imagination. Romance will improve your life.

Taurus Making an adjustment to your expenses is a good place to start if you want to make your cash flow a little smoother. Stop talking and start taking action.

Gemini Don't feel obligated to say yes to everyone who asks you for something. Draw the line if you don't want someone to take advantage of you.

Cancer By assisting others, you will help yourself. Giving back and sharing what you know with the people around you will help you gain support.

Leo Do something different or get involved in a group that offers insight into new ways to use old skills. Expand your awareness by listening more and talking less.

Virgo Taking part in an event will bring you in touch with someone whom you can benefit or learn from. Explore all possibilities and question anything that isn't clear.

Libra Use your intuitive intelligence when dealing with domestic issues, partners or anyone who needs your help. Understanding what's going on will help you find a workable solution.

Scorpio How you go about getting things done will make a difference. Make use of your physical abilities and get the grunt work out of the way to avoid complaints.

Sagittarius Home, family and happiness should be your priorities. Don't let the little things get to you. Offer love and help to the people who mean the most to you.

Capricorn You may feel like talking and discussing your personal business, but be careful whom you open up to. Sharing information can change the way someone views you.

Aquarius Finish what you start. A positive change regarding how you make or handle your money is apparent. Home, personal improvements, family and romance are favored.

Pisces Keep your story straight. Emotions can bring out the best and the worst in you and in others. Stick to the truth and offer compassion and understanding. EUGENIA LAST

Yesterday's answers

	U	L	N	A				V	I	L	L	A		
B	R	E	A	C	H		O	I	L	I	E	R		
I	G	N	I	T	E		U	N	E	A	S	E		
D	E	A	L		E	A	T		S	R	S			
			B	E	L	F	R	Y						
E	M	I	R	S		T	E	A	S	E	D			
R	E	B	U	T				C	O	L	A	S		
A	N	I	S	E				H	U	L	L	S		
	U	S	H	E	R	S		T	W	A	I	N		
				M	O	U	S	S	E					
	S	E	C		D	E	C		S	P	A	M		
A	C	C	R	U	E			U	P	T	I	M	E	
C	A	R	U	S	O			D	E	E	P	E	R	
E	T	U	D	E					W	R	E	N		

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$1
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WIN UP TO $2,500!
IF YOUR NUMBER beats THEIR NUMBER in the same game, win prize shown for that game. Reveal a "2X" symbol, win double prize shown. Reveal the word "MAYHEM", win $50 automatically!
SCRATCH TO CASH
001

Go wild with the new $50 Mayhem Scratch-Off!
It's loaded with $50 winners and a top prize of $2,500.

SCRATCH-OFF
GAMES

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It's packed with $100 winners and a top prize of $25,000.

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$2
$100 MAYHEM
LOADED WITH $100 WINNERS!
Reveal 2 like symbols in a game, win prize shown for that game. Reveal a "2X" symbol, win double prize shown. Reveal a "5X" symbol, win 5 times prize shown. Reveal the word "MAYHEM" in any game, win $100 instantly!
WIN UP TO $25,000!
SCRATCH TO CASH
001

SCRATCH-OFF GAMES

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